

Osteoporosis doesn't just happen when you're older. It can start years earlier.



Get up and get moving to build strong bones today.

NEBRASKA HEALTH AND
HUMAN SERVICES SYSTEM



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Did you know ...

You can slow down or stop bone loss caused by osteoporosis?



- ♦ Get regular physical activity- walk, climb stairs, dance or do vigorous yard work.
- ♦ Know your family history.
- ♦ Increase your calcium intake - drink milk.
- ♦ Don't smoke or use alcohol in excess.

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Take steps today to protect your bones tomorrow.

Physical activity can prevent or slow down bone loss caused by osteoporosis.

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Did you know ...

Increasing your calcium intake can slow down or prevent bone loss caused by osteoporosis.

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Did you know ... Physical activity can slow down or stop

bone loss caused by osteoporosis?
Walk, climb stairs, do vigorous yard work or dance to build strong bones.



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